

Home Training
Survival Guide

**Bodyweight, Band &
Dumbbell training**

Who am I?

Hi

I'm David

I am 32 and a dad of two and we live in Buckinghamshire, England. I have been a personal trainer since I was 17 years old and owned my own private personal training studio at Pinewood Film studios since 2010 and have just opened my second commercial gym K1 Beaconsfield.

I have been training my whole life in a variety of sports and always kept in good shape, whether it be for competition, to get female attention (until I met my wife) to look good on holiday or to keep up with the kids.

I am best known for my work as a personal trainer to the film industry where I have trained 50+ actors on dozens of films. Clients have included, Hugh Jackman, Ryan Reynolds, Jake Glyenhall, Chris Hemsworth, Michael Fassbender, Eva Green and Jessica Chastain to name just a few!!!

In 2013 I also started offering online personal training as a way of continuing to support clients when I was out of the country, which at that time was all the time as I was working with Hugh Jackman full time all over the world.

This soon progressed into other people asking me for coaching and the online coaching side of things soon grew from their purely based on the amazing results people were achieving.

Home Training Survival Guide

I created this guide to help as many people as possible with their health, fitness and mental wellbeing at this very difficult time in all of our lives.

Our gyms are now closed. But I am still open!

With schools going into closure, gyms shutting their doors and a lot of companies on lockdown, I know that there will be a lot of parents that will have to shuffle their usual schedules in order to juggle things around their kids.

And with isolation either currently in play for you or fast approaching we need to make sure that we are moving daily, eating good food, implementing a daily routine and are motivated by others to keep training going!!

I look forward to helping you all,

David



Training

Utilising bodyweight training or limited equipment you can still achieve fantastic results.

For progress you just need to be creative, try new movements and work hard!

I have created 3 workout plans for you based on the equipment you may or may not have!!

A quick guide to how the plan works

What are sets and repetitions (reps)?

Sets and reps are the terms used to describe the number of times you perform an exercise. A rep is the number of times you perform a specific exercise, and a set is the number of cycles of reps that you complete. For example, suppose you complete 15 reps of a bench press. You would say you've completed "one set of 15 reps." A set can be any number of reps, so if you complete 10 reps of a bench press, you would say you've completed "one set of 10 reps," and if you complete just five reps, then that would be "one set of five reps."

Rest periods

You will be performing one movement at a time until all sets and reps are complete for each movement



Bodyweight

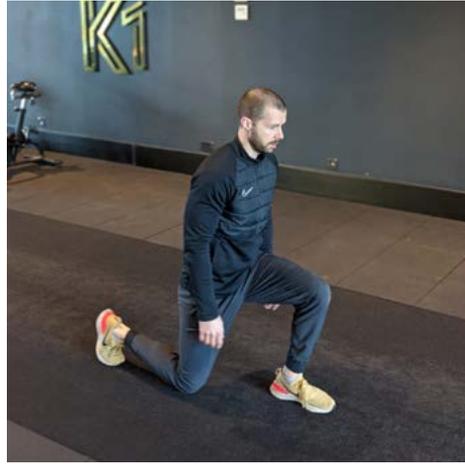
| Day 1 | | | | Day 2 | | | | Day 3 | | | |
|-------------------------------------|------------|------|-------|------------------|------------|------|-------|-----------------------------------|------------|------|-------|
| Movements | Sets+ reps | Rest | Tempo | Movements | Sets+ reps | Rest | Tempo | Movements | Sets+ reps | Rest | Tempo |
| Dumbbell reverse lunges (each side) | 4x8 | 60 | 2010 | Shoulder push up | 4x8 | 60 | 2010 | Bulgarian split squat (each side) | 4x12 | 90 | 2010 |
| Single leg glute bridge (each side) | 4x8 | 60 | 2010 | Reverse push up | 4x8 | 60 | 2010 | Bodyweight hamstring curl | 4x12 | 90 | 2010 |
| Push ups | 4x12 | 60 | 2010 | Narrow push up | 4x12 | 60 | 2010 | Squats | 3x12 | 60 | 2010 |
| Reverse push up | 4x12 | 60 | 2010 | Towel iso row | 4x12 | 60 | 2010 | Glute bridge | 3x12 | 60 | 2010 |
| Body-weight skull crusher | 3x12 | 60 | 2010 | Dips | 3x12 | 60 | 2010 | Plank | 3x45sec | 60 | 2010 |
| Bicep iso hold | 3x30sec | 60 | 2010 | Superman | 3x12 | 60 | 2010 | Side Plank (each side) | 3x30sec | 60 | 2010 |

How well did you train?



Training notes

Bodyweight Movements



Reverse Lunge

1. Stand upright, with your hands at your hips.
2. Take a large step backward with one leg.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
4. Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.
5. Alternate legs, and step back with right leg.

(If this is too hard you can revert to a step up to a bench/chair)



Single leg glute bridge

1. Lie on your back with knees bent, feet shoulder-width apart and 12–16 inches from glutes.
2. Lift your non working leg so it's inline with the work leg at hip height with your foot flexed.
3. Keeping your upper back on the floor, engage your glutes, drive through the opposite heel, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.

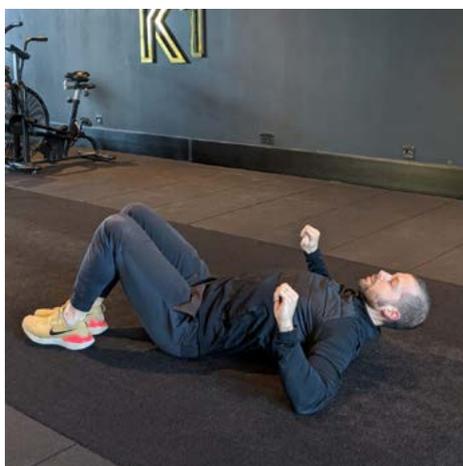
(If the movement is too hard you can go into a normal glute bridge, with both feet planted)

Bodyweight Movements



Push ups

1. Moving into a plank position with arms fully extended chest over the hands.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
 4. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
 5. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position
- (These can be performed from the knees if the full movement is too hard)



Reverse push up

1. Moving onto your back with arms at 90 degrees and 45 degrees to the line of the body.
2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you with knees bent taking any pressure out of the lower back.
3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire movement.
4. Exhale as you begin contracting your back muscles and pushing back and up through your elbows with the feeling of the chest moving upwards squeezing the back at the top.
5. Inhale as you slowly lower yourself until your elbows are at a 90-degree angle back fully to the ground. (If you struggle with this movement revert to the superman movement)

Bodyweight Movements



Bodyweight skull crusher

1. Moving into a plank position with arms at 90 degrees and hands extended just ahead of the shoulders.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire movement.
 4. Exhale as you extend through your arms to full extension getting a squeeze through the triceps.
 5. Inhale and lower yourself until your elbows are back at 90-degree starting position.
- (This can be made easier by performing from the knees or revert to dips for an easier alternative)



Towel iso bicep curl

1. Roll up a bath towel, lengthwise, kneeling over the towel hip-width apart. Grab the towel with both hands with palms facing inward. Keep both elbows just past 90 degrees and pull up on the towel until you feel tension in your biceps. You want to feel the tension straight away. If it's not, adjust where you are holding the towel. Hold the contraction for 30 seconds. Relax and go in again

Bodyweight Movements



Shoulder push ups

1. Moving into a downward dog position through the lower body but with arms fully extended under the shoulders.
2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
3. Before you begin the movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
4. Inhale as you slowly bend your elbows to 90 degrees and lower yourself until your elbows are at a 90-degree angle with your head between the hands.
5. Exhale as you begin contracting your shoulder muscles and pushing back up through your hands to the start position

(These can be performed from the knees in a normal push up position if this is too hard)



Reverse push up

1. Moving onto your back with arms at 90 degrees and 45 degrees to the line of the body.
2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you with knees bent taking any pressure out of the lower back.
3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire movement.
4. Exhale as you begin contracting your back muscles and pushing back and up through your elbows with the feeling of the chest moving upwards squeezing the back at the top.
5. Inhale as you slowly lower yourself until your elbows are at a 90-degree angle back fully to the ground. (If you struggle with this movement revert to the superman movement)

Bodyweight Movements



Narrow push ups

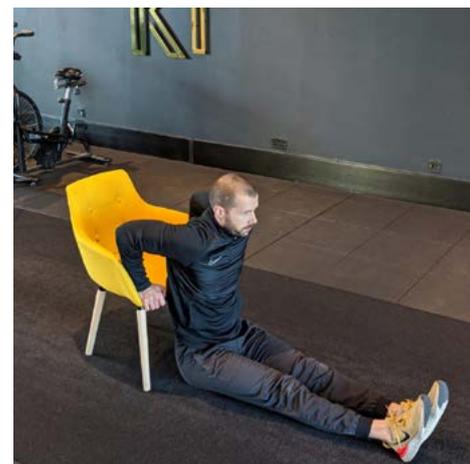
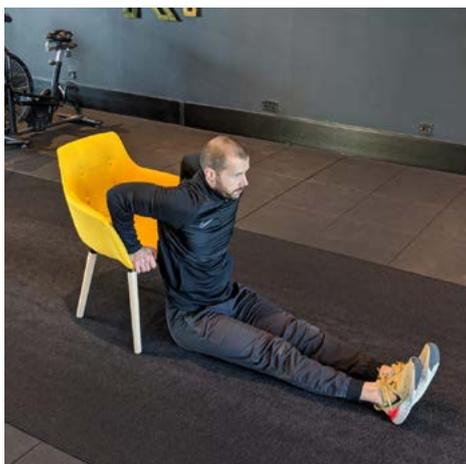
1. Moving into a plank position with arms fully extended chest over the hands working in a narrow position with the hands creating a triangle through the thumbs and fingers.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin the movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
 4. Inhale as you slowly bend your elbows and lower yourself until your chest is down to the hands.
 5. Exhale as you begin contracting your chest/tricep muscles and pushing back up through your hands to the start position
- (These can be performed from the knees if the full movement is too hard)



Towel iso row

1. Roll up a bath towel, lengthwise, standing over the towel with feet together. Grab the towel with both hands with palms facing inward.
2. Keep both elbows slightly bent and with chest up, flatten your back so it forms a straight line from your heel to your head.
3. With a firm grip on each end of the towel, pull as hard as you can toward your body, squeezing your shoulder blades together. You want to feel the tension straight away. If it's not, adjust where you are holding the towel. Hold the contraction for 30 seconds. Relax and go in again.

Bodyweight Movements



Dips

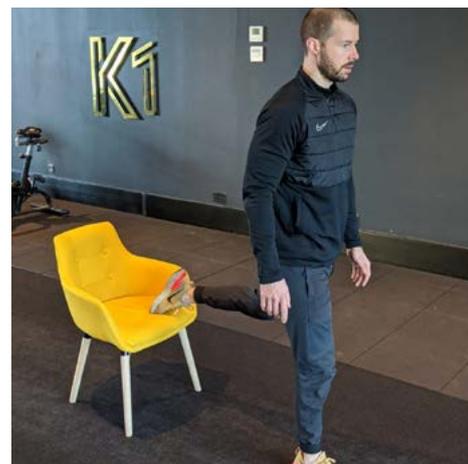
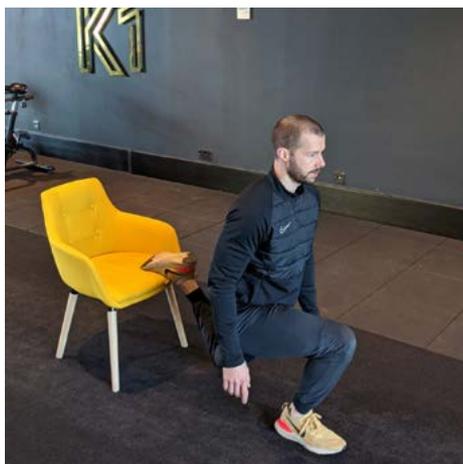
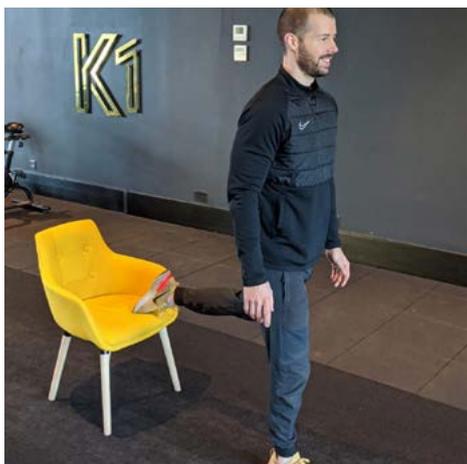
1. Sit on your chair or bench with your arms at your side and your feet flat on the floor, hip distance apart.
 2. Position your hands so that your palms are down beside your hips. Your fingers should grip the front of the chair seat.
 3. Move your torso forward off the chair with your arms extended. Your buttocks should hover over the floor with your legs fully extended.
 4. Breathe in as you slowly lower your body, hinging at the elbows until each forms a 90-degree angle.
 5. Breathe out as you push up to your starting position with your arms fully extended.
- (To make the movement easier work with bent knees at 90 degrees)



Superman

1. Lie face down with arms out straight in front of you. Keep your neck in a neutral position.
2. Raise your arms and gently extend the spine to raise the chest slightly off the floor to a comfortable height, and raise the legs off the ground, forming an elongated 'u' shape with your body. The arms and legs should be several inches off the floor.
3. Pause and hold this raised position for several seconds.
4. Slowly lower back to the starting position.

Bodyweight Movements



Bugarian split squat

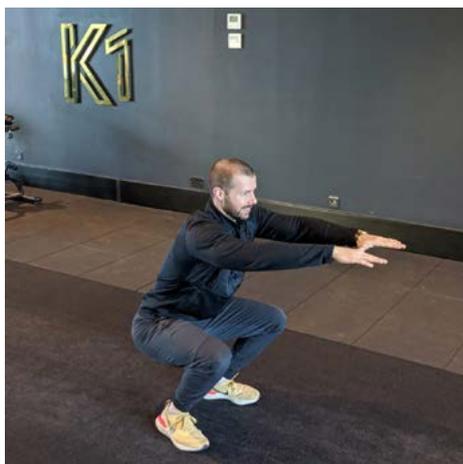
1. Stand upright, with your hands at your hips in an upright position.
2. Then lifting your rear leg into an elevated position on the chair from a couple feet away working off your toe.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left toe still elevated.
4. Return to starting position by pressing your right heel into the floor and bringing your left knee upward to complete one rep.
5. Staying on the same leg and perform all reps and then switching s



Single leg glute bridge

1. Lie on your back with knees bent at 90 degrees, feet shoulder-width apart and feet elevated on a bench or chair.
2. Keeping your upper back on the floor, engage your hamstrings, driving through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
3. Keep your core engaged the entire time. Pause at the top, squeezing your hamstrings/glutes. Then lower back down to the start.

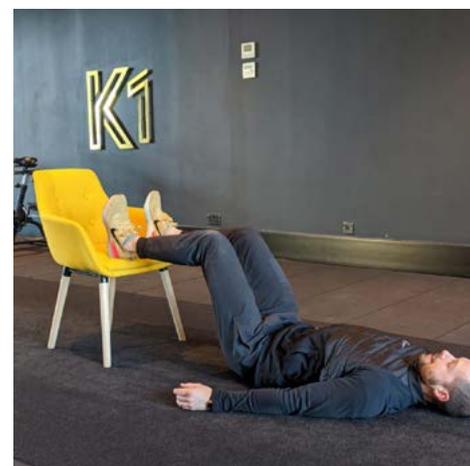
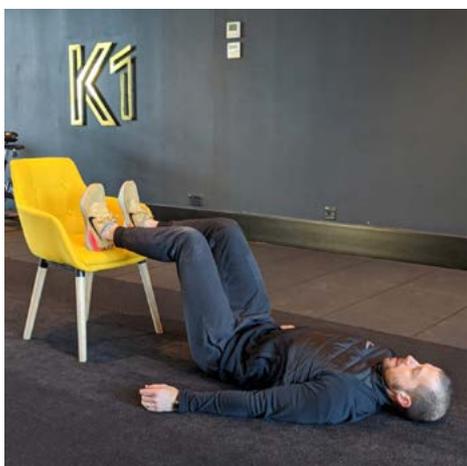
Bodyweight Movements



Squats

1. Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward and we'll extend through the arms at shoulder height.
2. Slowly bend at the knees and drop your hips to lower your body. Keeping your weight through the heels flat on the floor with your chest staying back.
3. At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.

(To make the movement easier you can work on progression to the height of a chair first)



Glute bridge

1. Set yourself with your shoulders on the edge of the chair with knees bent, feet shoulder-width apart and bum on the floor.
2. Legs in a 90 degree position looking straight ahead and weight more through the heels.
3. Keeping your upper back/shoulders on the chair, engage your glutes, drive through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.

(If the movement is too hard you can go into a normal glute bridge from the floor)

Bodyweight Movements



Plank

1. Begin in push up position from the knees moving onto both forearms then lifting your knees so your body is elevated. Face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor.
- 2 Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. This is the neutral spine position. Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.
3. Hold this position for the desired time.
(To make this movement easier you can work from a press up position with your arms fully extended)



Side Plank

1. Start on your side with your feet together and one forearm directly below your shoulder. Raising the body from the ground, so that you have a clear gap beneath your body.
2. Engage your abdominal muscles, keeping a straight line through the spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
3. Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

(These can be performed as side plank raises instead of a hold if you find the hold too hard with you opposite hand on the hips)

Dumbbells

| Day 1 | | | | Day 2 | | | | Day 3 | | | |
|-------------------------------------|------------|------|-------|-------------------------|------|------|-------|--|------------|------|-------|
| Movements | Sets+ reps | Rest | Tempo | Movements | | Rest | Tempo | Movements | Sets+ reps | Rest | Tempo |
| Dumbbell reverse lunges | 4x8 | 60 | 3010 | Dumbbell shoulder press | 4x8 | 90 | 2010 | Dumbbell bulgarian split squat (each side) | 4x12 | 90 | 2010 |
| Single leg glute bridge (each side) | 4x8 | 60 | 2010 | Bent over row | 4x8 | 90 | 2010 | Bodyweight hamstring curl | 4x12 | 90 | 2010 |
| Dumbbell floor press | 4x12 | 60 | 2010 | Narrow push ups | 4x12 | 60 | 2010 | Dumbbell front squat | 3x12 | 60 | 2010 |
| Dumbbell single arm row | 4x12 | 60 | 2010 | Dumbbell rear delt fly | 4x12 | 60 | 2010 | Glute bridge | 3x12 | 60 | 2010 |
| Dumbbell skull crusher | 3x12 | 60 | 2010 | Dips | 3x12 | 60 | 2010 | Plank | 3x45sec | 60 | 2010 |
| Dumbbell curls | 3x12 | 60 | 4010 | Dumbbell hammer curls | 3x12 | 60 | 2010 | Side Plank (each side) | 3x30sec | 60 | 2010 |

How well did you train?



Training notes

Dumbbell Movements



Dumbbell reverse lunge

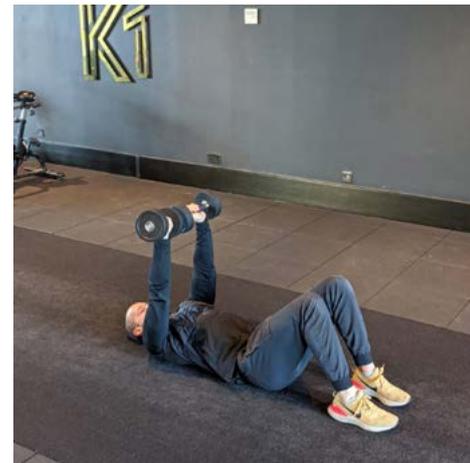
1. Stand upright, with your hands at your hips holding the dumbbells.
2. Take a large step backward with one leg.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
4. Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.
5. Alternate legs, and step back with right leg.
(If this is too hard you can revert to a step up to a bench/chair with arms each side holding dumbbells)



Dumbbell single leg glute bridge

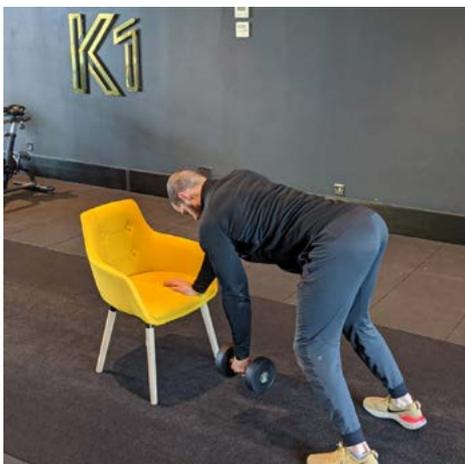
1. Lie on your back with knees bent, feet shoulder-width apart and 12–16 inches from glutes introduce a dumbbell across the hips and holding throughout the movement.
2. Lift your non working leg so it's inline with the work leg at hip height with your foot flexed.
3. Keeping your upper back on the floor, engage your glutes, drive through the opposite heel, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.
(If the movement is too hard you can go into a normal glute bridge, with both feet planted and weight through the hips)

Dumbbell Movements



Dumbbell floor press

1. Begin sitting on the floor in an upright position with your legs straight and the dumbbells vertically balanced on the floor.
2. Pick up each dumbbell and set it high in your hip crease while maintaining a tight grip.
3. Slowly lay back while keeping the dumbbells close to your chest and bend your knees to roughly 45 degrees and move your feet up slightly.
4. Press the weights to full extension by contracting your triceps and chest.
5. Slowly lower the weight until both elbows touch the floor then press both dumbbells back to the starting position.
6. Keep the core engaged throughout the movement with the feeling of being proud through the chest.



Dumbbell single arm row

1. Start by standing towards the chair with the one dumbbell in the one hand.
2. Bend forward from the hips, and place the other hand on the chair.
3. Bend so that your upper body is parallel to the floor and the head facing down.
4. The working hand with the dumbbell should hang straight down with the palm facing inwards.
5. Keeping the arm close to the side of your body, hook the elbow back and up with the feeling of it passing the body.
6. Squeeze at the top through the upper back, keeping the core braced. Then lowering the weight back to the starting position. Complete all reps and switch sides

Dumbbell Movements



Dumbbell skull crusher

1. Lie down on the floor holding a pair of dumbbells directly above your chest with your palms facing each other. Your feet should be flat on the floor.
 2. Without moving your upper arms, bend your elbows and slowly lower the weights toward the sides of your head. Avoid flaring your elbows just past 90 degrees. With your elbows remaining vertical to the ceiling. With the feeling of just your forearms moving.
 3. Lower and lift the weights slowly and under control with the focus of engaging the triceps and squeezing back to the top and returning to full extension through the arms.
- (If you find this movement too hard you can go with a narrow press up from the knees)



Dumbbell curls

1. Hold a dumbbell in each hand and stand with your feet as wide apart as your hips.
2. Let your arms hang down at your sides with your palms forward (this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Curl both arms upward until they're in front of your shoulders just past 90 degrees.
5. Slowly lower the dumbbells back down to your starting point.

Dumbbell Movements



Dumbbell seated shoulder press

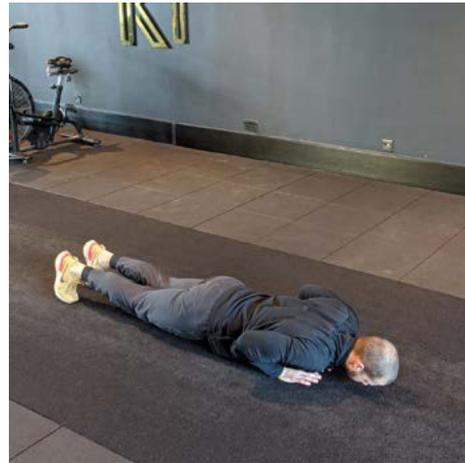
1. Sitting on chair/bench holding a dumbbell in each hand at shoulder height with your palms facing away from you. Keep your chest up and your core braced, and look straight forward throughout the move.
2. Press the weights directly upwards until your arms are straight and the weights touch above your head. With the feeling of the shoulders being pulled back and working overhead and not in front of the face. Slowly lower the weights back to the start position under control, pause, then start the next rep.
3. Keeping your core braced in the movement is important to take away any pressure through the lower back. Completing for the desired amount of reps.



Dumbbell bent over row

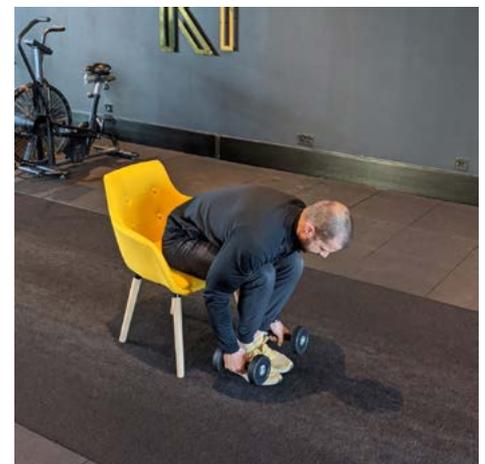
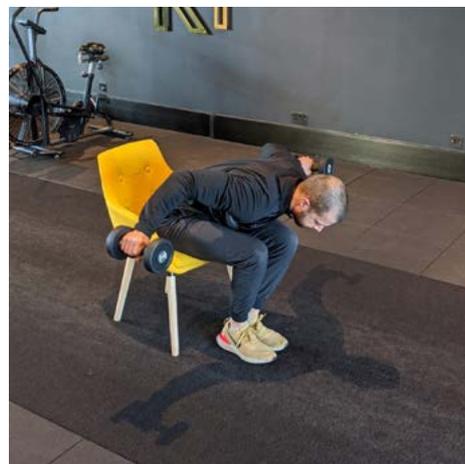
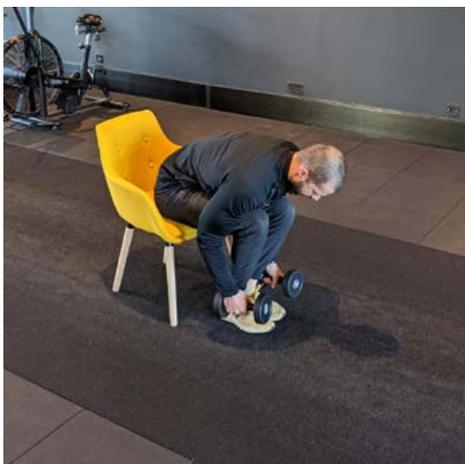
1. Holding dumbbells in both hand, bending from the hips at 90 degrees through the body. with both hands with palms is facing inward.
2. Keep both legs slightly bent and with chest up, flatten your back so it forms a straight line and arms extended and core braced.
3. With a good grip on the dumbbells hooking the elbow back and upwards past your body, squeezing your shoulder blades together. You want to feel the tension at the top of the movement. Keeping good tempo on each rep returning to fully extended arms each rep.

Dumbbell Movements



Narrow push ups

1. Moving into a plank position with arms fully extended chest over the hands working in a narrow position with the hands creating a triangle through the thumbs and fingers.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin the movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
 4. Inhale as you slowly bend your elbows and lower yourself until your chest is down to the hands.
 5. Exhale as you begin contracting your chest/tricep muscles and pushing back up through your hands to the start position
- (To make the movement easier these can be performed from the knees)



Dumbbell rear delt fly

1. Seated with your legs about hip-width apart and hold a dumbbell in each hand by your side. No need to go super heavy with this movement.
 2. Bend your torso forward at your hips with your chest towards your thighs. Let your arms extend below your body with your hands facing each other as you hold the dumbbells. Keep your back flat. This is the starting position.
 3. Exhale and raise your arms out to your sides with your hands facing down, squeezing your shoulder blades together during the movement. Do not round your spine or move your head forward.
 4. Inhale and lower your arms to the starting position. This completes one repetition. Making sure you're keeping a strict position each rep.
- (If you find this movement too hard you can perform a lying y raise)

Dumbbell Movements



Dips

1. Sit on your chair or bench with your arms at your side and your feet flat on the floor, hip distance apart.
2. Position your hands so that your palms are down beside your hips. Your fingers should grip the front of the chair seat.
3. Move your torso forward off the chair with your arms extended. Your buttocks should hover over the floor with your legs fully extended.
4. Breathe in as you slowly lower your body, hinging at the elbows until each forms a 90-degree angle.
5. Breathe out as you push up to your starting position with your arms fully extended.
(To make the movement easier work with bent knees at 90 degrees)



Dumbbell hammer curls

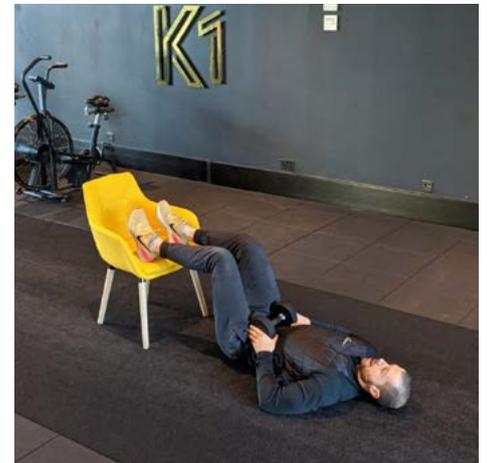
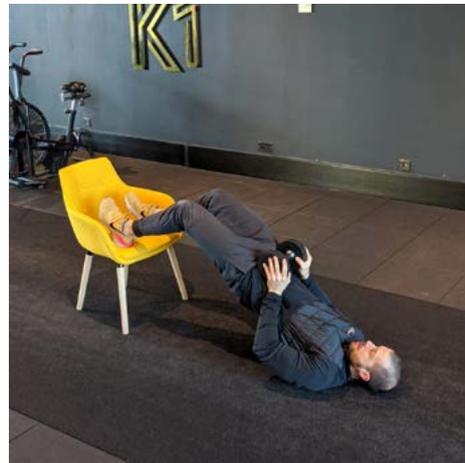
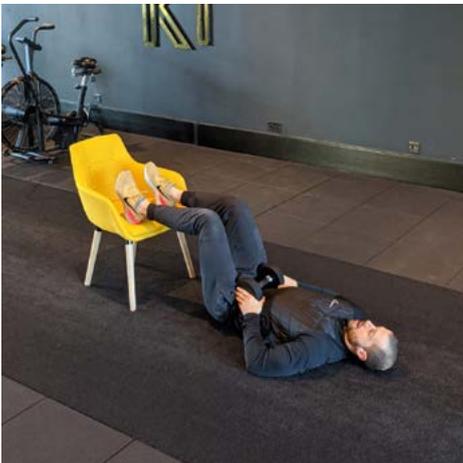
1. Hold a dumbbell in each hand and stand with your feet as wide apart as your hips.
2. Let your arms hang down at your sides with your palms facing each hand
(this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Curl both arms upward until they're in front of your shoulders just past 90 degrees.
5. Slowly lower the dumbbells back down to your starting point.

Dumbbell Movements



Dumbbell Bulgarian split squat

1. Stand upright, with your hands at your hips holding dumbbells in each hand in an upright position.
2. Then lifting your rear leg into an elevated position on the chair from a couple feet away working off your toe.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left toe still elevated.
4. Return to starting position by pressing your right heel into the floor and bringing your left knee upward to complete one rep.
5. Staying on the same leg and perform all reps and then switching sides
(If this is too hard you can revert to a step up to a bench/chair while holding the weights)



Dumbbell hamstring curl

1. Lie on your back with knees bent at 90 degrees, feet shoulder-width apart and feet elevated on a bench or chair. Placing a dumbbell through the hips and holding the weight either side throughout the whole movement.
2. Keeping your upper back on the floor, engage your hamstrings, driving through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
3. Keep your core engaged the entire time. Pause at the top, squeezing your hamstrings/glutes. Then lower back down to the start.
(To make the movement easier take away the dumbbell from the movement)

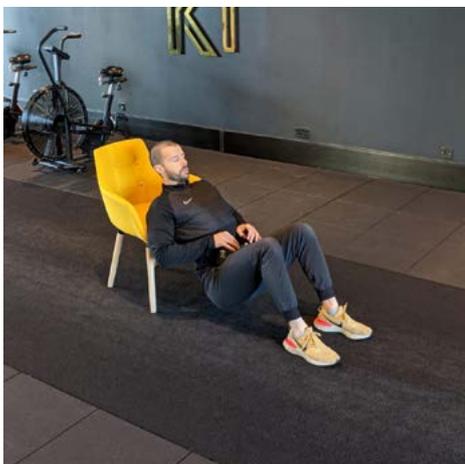
Dumbbell Movements



Squats

1. Set your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward and weight in a goblet position maintained on the chest throughout the movement.
2. Slowly bend at the knees and drop your hips to lower your body. Keeping your weight through the heels flat on the floor with your chest staying back.
3. At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.

(To make the movement easier you can work on progression starting with bodyweight only)



Dumbbell glute bridge

1. Set yourself with your shoulders on the edge of the chair with knees bent, feet shoulder-width apart and bum on the floor then introduce the weight through the hips holding in place throughout the movement.
2. Legs in a 90 degree position looking straight ahead and weight more through the heels.
3. Keeping your upper back/shoulders on the chair, engage your glutes, drive through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.

(If the movement is too hard you can go into a normal glute bridge from the floor)

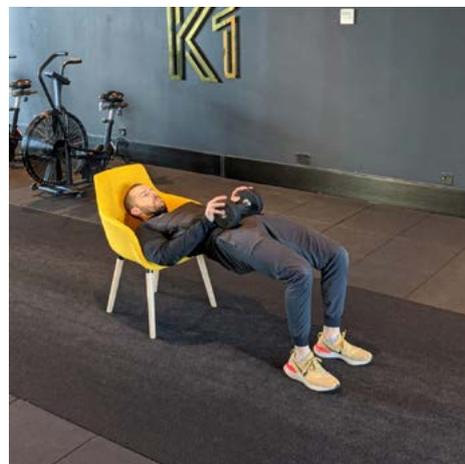
Dumbbell Movements



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(If the movement is too hard you can go into a normal glute bridge from the floor)

Dumbbell Movements



Plank

1. Begin in push up position from the knees moving onto both forearms then lifting your knees so your body is elevated. Face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor.
- 2 Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. This is the neutral spine position. Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.
3. Hold this position for the desired time.
(To make this movement easier you can work from a press up position with your arms fully extended)



Side Plank

1. Start on your side with your feet together and one forearm directly below your shoulder. Raising the body from the ground, so that you have a clear gap beneath your body.
2. Engage your abdominal muscles, keeping a straight line through the spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
3. Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

(These can be performed as side plank raises instead of a hold if you find the hold too hard with you opposite hand on the hips)

Bands

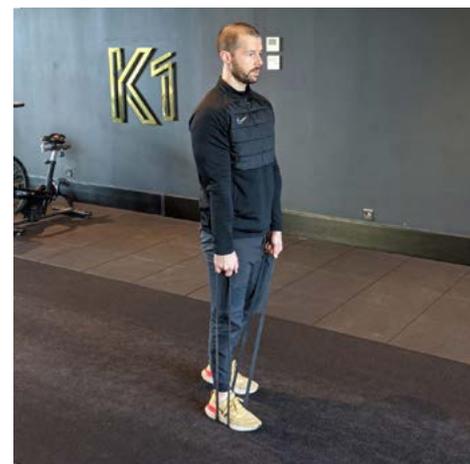
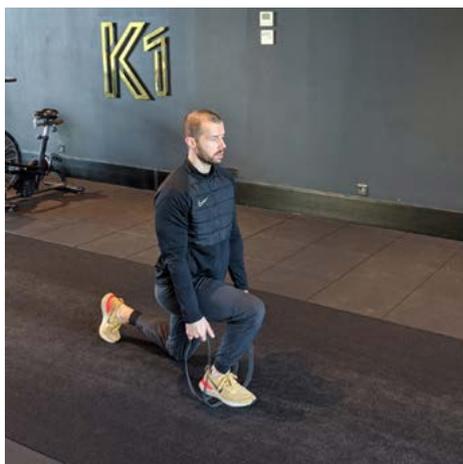
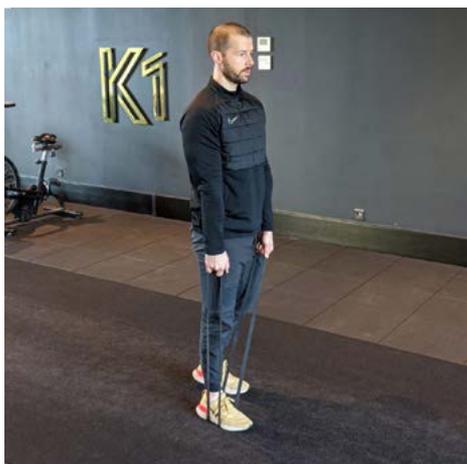
| Day 1 | | | | Day 2 | | | | Day 3 | | | |
|-----------------------------------|------------|------|-------|---------------------------------------|------------|------|-------|--|------------|------|-------|
| Movements | Sets+ reps | Rest | Tempo | Movements | Sets+ reps | Rest | Tempo | Movements | Sets+ reps | Rest | Tempo |
| Banded reverse lunges (each side) | 4x8 | 60 | 2010 | Banded shoulder press | 4x8 | 60 | 2010 | Banded bulgarian split squat (each side) | 4x12 | 90 | 2010 |
| Banded glute bridge | 4x8 | 60 | 2010 | Reverse push up | 4x8 | 60 | 2010 | Banded bodyweight hamstring curl | 4x12 | 90 | 2010 |
| Banded push up | 4x12 | 60 | 2010 | Banded narrow push up | 4x12 | 60 | 2010 | Banded front squat | 3x12 | 60 | 2010 |
| Seated band row | 4x12 | 60 | 2010 | Single arm band row (each side) | 4x12 | 60 | 2010 | Banded glue bridge | 3x12 | 60 | 2010 |
| Bodyweight skull crusher | 3x12 | 60 | 2010 | Overhead tricep extension (each side) | 3x12 | 60 | 2010 | Plank | 3x45sec | 60 | 2010 |
| Banded curl | 3x12 | 60 | 2010 | Lying banded bicep curl | 3x12 | 60 | 2010 | Side Plank (each side) | 3x30sec | 60 | 2010 |

How well did you train?



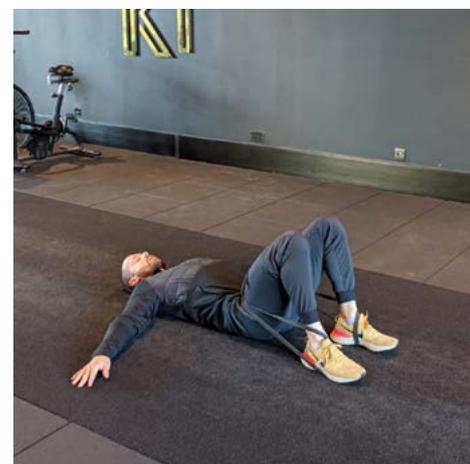
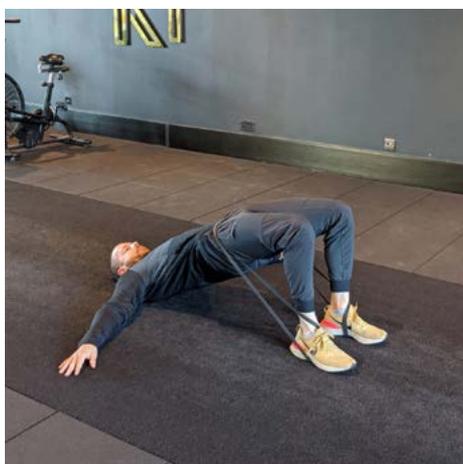
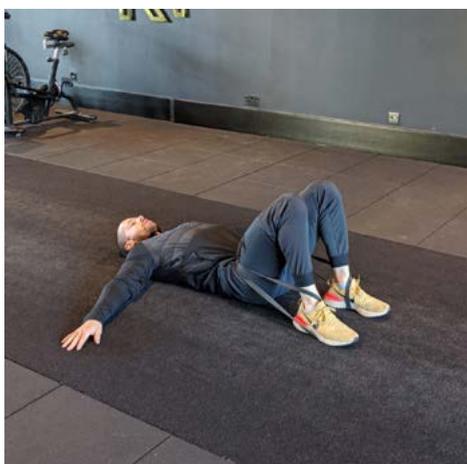
Training notes

Band Movements



Reverse lunge

1. Wrapping the band under one foot then standing upright, with your hands holding onto either side of the band
2. Take a large step backward with one leg.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted.
4. Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep.
5. Alternate legs, and step back with right leg.
(If this is too hard you can revert to a step up to a bench/chair)



Glute bridge

1. Set yourself lying on the floor you want to wrap the band over the feet and then taking the centre of the band and pulling it centrally over the knees, then moving to knees bent, feet shoulder-width apart and bum on the floor.
2. Legs in a 90 degree position looking up and weight more through the heels.
3. Keeping your upper back/shoulders on flat on the ground, engage your glutes, drive through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.
(If the movement is too hard you can go into a normal glute bridge from the floor without the band)

Band Movements



Banded push ups

1. Holding the band you want to wrap around your upper back and getting a grip through the other hand then moving into a plank position with arms fully extended chest over the hands.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
 4. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
 5. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position
- (These can be performed from the knees or full press up if the banded movement is too hard)



Banded seated row

1. Wrap the resistance band under of your feet and sit back on your tailbone while grasping an end of each side of the band in your hands.
2. Starting with your arms extended forward, pull the band back as far as you can with the elbows passing tight to the body .Keeping the core engaged and body at 90 degrees.
3. Hold momentarily and squeeze your shoulder blades together with the chest out.
4. Release and extend your arms back out to full extension.

Band Movements



Banded skull crusher

1. Working a band around your mid/upper back through both palms then moving into a plank position with arms at 90 degrees and hands extended just ahead of the shoulders.
2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire movement.
4. Exhale as you extend through your arms to full extension getting a squeeze through the triceps.
5. Inhale and lower yourself until your elbows are back at 90-degree starting position.
(If this is too hard go into performing narrow press the knees or revert to dips for an easier alternative)



Banded curls

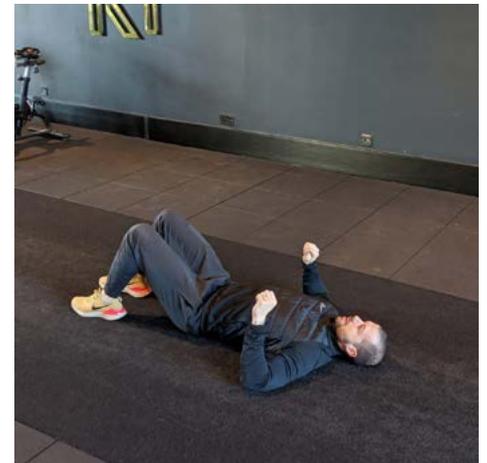
1. Standing on a band at shoulder width apart holding the band in each hand and palms facing.
2. Let your arms hang down at your sides with your palms facing each hand (this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Curl both arms upward until they're in front of your shoulders just past 90 degrees.
5. Slowly lower the hands back down to your starting point.

Band Movements



Banded shoulder press

1. Standing on a band at shoulder width apart holding the band in each hand in front of the chest and palms facing upwards.
2. Keeping your arms relatively tight at your sides with your palms facing upwards at chest height (this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Pressing both arms upward level through the ears and to full extension overhead in a controlled motion maintaining tension on the band.
5. Slowly lower the hands back down to your starting point.



Reverse push up

1. Moving onto your back with arms at 90 degrees and 45 degrees to the line of the body.
2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you with knees bent taking any pressure out of the lower back.
3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire movement.
4. Exhale as you begin contracting your back muscles and pushing back and up through your elbows with the feeling of the chest moving upwards squeezing the back at the top.
5. Inhale as you slowly lower yourself until your elbows are at a 90-degree angle back fully to the ground. (If you struggle with this movement revert to quadruped limb raise movement)

Band Movements



Banded shoulder press

1. Standing on a band at shoulder width apart holding the band in each hand in front of the chest and palms facing upwards.
2. Keeping your arms relatively tight at your sides with your palms facing upwards at chest height (this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Pressing both arms upward level through the ears and to full extension overhead in a controlled motion maintaining tension on the band.
5. Slowly lower the hands back down to your starting point.



Banded narrow push ups

1. Holding the band you want to wrap around your upper back and getting a grip through the other hand then moving into a plank position with arms fully extended chest over the hands. With your hands you want to be in a narrow position creating a triangle through the fingers/thumbs.
 2. You can position your feet to be close together or a bit wider depending on what is most comfortable for you.
 3. Before you begin any movement, contract your abs and tighten your core by pulling your belly button toward your spine. Keep a tight core throughout the entire pushup.
 4. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle.
 5. Exhale as you begin contracting your chest muscles and pushing back up through your hands to the start position
- (These can be performed from the knees or full press up if the banded movement is too hard)

Band Movements



Banded single arm seated row

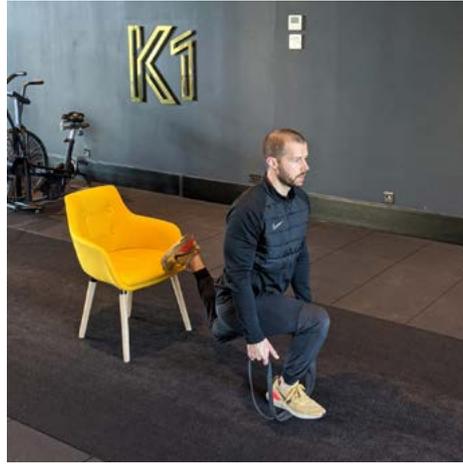
1. Wrap the resistance band under one of your feet and sit back on your tailbone while grasping an end of each side of the band in your hands.
2. Starting with a single arm fully extended forward working the same side the band is looped from, pull the band back as far as you can with the elbow passing tight to the body. Keeping the core engaged and body at 90 degrees.
3. Hold momentarily and squeeze your shoulder blades together with the chest out.
4. Release and extend your arm back out to full extension. Performing all reps and then switching sides



Banded overhead tricep extension

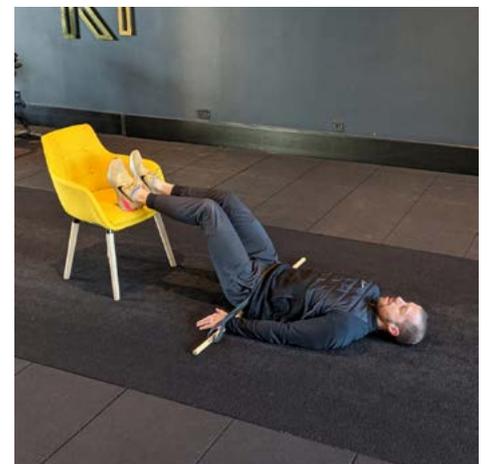
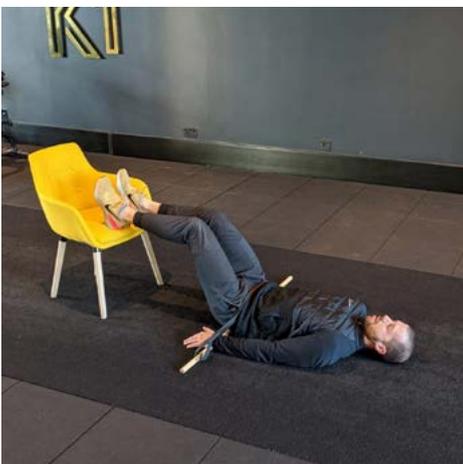
1. Standing on a band with one foot at width apart holding the band in the same side hand working behind the body.
2. Keeping your elbow pointing to the ceiling and not letting your arm move from this position palm facing the back of the head while holding the band (this will be your starting position)
3. Pull your abdominals in, stand tall, and keep your knees slightly bent to take any pressure out of the lower back.
4. Extend the arm upward toward the sky and to full extension overhead in a controlled motion maintaining tension on the band squeezing through the tricep at the top.
5. Slowly lower the hand back down to around 90 degrees and your starting point.

Band Movements



Banded Bulgarian split squat

1. Standing centrally over a band and pulling the band up to hip height each side in an upright position.
2. Then lifting your rear leg into an elevated position on the chair from a couple feet away working off your toe.
3. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left toe still elevated.
4. Return to starting position by pressing your right heel into the floor and bringing your left knee upward to complete one rep.
5. Staying on the same leg and perform all reps and then switching sides
(If this is too hard you can revert to bodyweight)



Banded hamstring curl

1. Laying a slick or pole underneath your body and looping both sides around the stick once above it lie on your back with knees bent at 90 degrees, feet shoulder-width apart and feet elevated on a bench or chair. Holding the stick either side throughout the whole movement.
2. Keeping your upper back on the floor, engage your hamstrings, driving through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
3. Keep your core engaged the entire time. Pause at the top, squeezing your hamstrings/glutes. Then lower back down to the start.
(To make the movement easier take away the band from the movement)

Band Movements



Squats

1. Standing on the band with your feet shoulder-width apart, toes slightly turned out. Pull in your lower abs, and keep your eyes forward keeping the band across the top of the shoulders and elbows in slightly flared position maintained on the chest throughout the movement.
 2. Slowly bend at the knees and drop your hips to lower your body. Keeping your weight through the heels flat on the floor with your chest staying back.
 3. At the bottom of the exercise pause for a moment and strongly push back up to the starting position, mirroring the descent.
- (To make the movement easier you can work on progression starting with bodyweight only)



Glute bridge

1. Set yourself lying on the floor you want to wrap the band over the feet and then taking the centre of the band and pulling it centrally over the knees, then moving to knees bent, feet shoulder-width apart and bum on the floor.
 2. Legs in a 90 degree position looking up and weight more through the heels.
 3. Keeping your upper back/shoulders on flat on the ground, engage your glutes, drive through the heels, and raise your hips off the ground until your knee, hips, and shoulders form a straight line.
 4. Keep your core engaged the entire time. Pause at the top, squeezing your glutes. Then lower back down to the start. Complete all your reps, then switch legs.
- (If the movement is too hard you can go into a normal glute bridge from the floor without the band)

Band Movements



Plank

1. Begin in push up position from the knees moving onto both forearms then lifting your knees so your body is elevated. Face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor.
- 2 Engage your abdominal muscles, drawing your navel toward your spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. This is the neutral spine position. Ensure your shoulders are down, not creeping up toward your ears. Your heels should be over the balls of your feet.
3. Hold this position for the desired time.
(To make this movement easier you can work from a press up position with your arms fully extended)



Side Plank

1. Start on your side with your feet together and one forearm directly below your shoulder. Raising the body from the ground, so that you have a clear gap beneath your body.
2. Engage your abdominal muscles, keeping a straight line through the spine. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending.
3. Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

(These can be performed as side plank raises instead of a hold if you find the hold too hard with you opposite hand on the hips)

DECK OF CARDS WORKOUT

Deck of cards resistance training!!

Deck of cards sessions are fantastic for some high intensity, fun training.

The Deck of cards explained again
Each suit is an exercise
The number of the cards is the reps
Picture cards are 10
Ace is 11 (or 1)
Joker is 1min rest (you need two of these)
Shuffle the deck well and get to work.
Pull the cards from the top and work through the movements.

Session 1(Starter)

hearts - Squat to chair
diamonds - Shoulder press (light weights or tins/water bottles)
clubs - Star jumps
spades - Kneeling plank from hands with shoulder taps

Session 2 (Inter)

hearts - Squats
diamonds - Dips
clubs - Star jumps
spades - Plank Leg Raises

Session 3 (hard)

hearts - Walk outs
diamonds - Lunges
clubs - Squats
spades - Push ups

Summary

Over the coming weeks it's likely our normal routine will be challenging. I just wanted to let you know I am here to help in any way I can!
Drop me a message if you want extra support or some one on one online coaching. I have some pricing discounts available as I know it is a tough time for everyone.

Good luck and keep me posted on your progress

